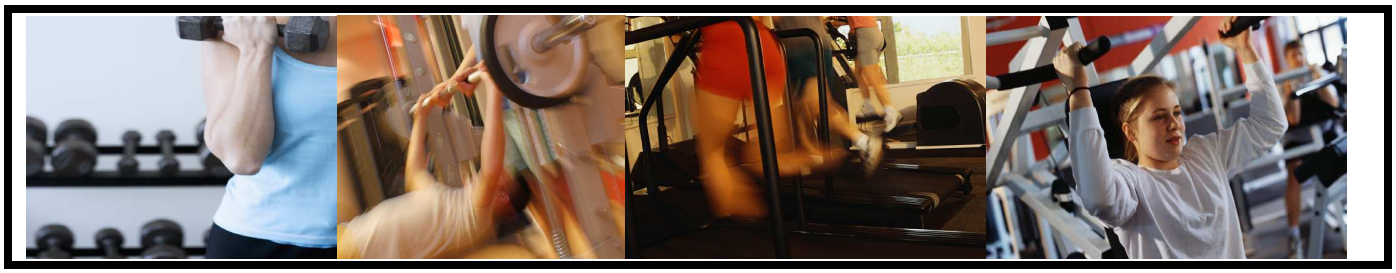

PANTHER STRENGTH & SPEED 2011

7th and 8th Grades

June 20-August 6, 2011

(closed July 1-July 7)

Early Bird Fee $50 / $60 after June 1

The Spring Lake Park High School weight room holds a seven-week summer program for all athletes going into **grades 7 and 8**. It is highly recommended for anybody desiring to improve individual strength, speed, explosiveness, flexibility, coordination, and quickness.

Suggested Times*

Students can lift any time that best fits their schedule.

Additionally, female athletes can lift at any session – not restricted only to session 3 which is reserved for females.

SESSION 1	**8:00 –9:45 A.M.**	**MORE ADVANCED LIFTERS**
SESSION 2	**9:00 – 10:30**	**INCOMING 9-10 GRADES**
SESSION 3	**10:00 – 11:30 A.M.**	**FEMALES ONLY SESSION**
SESSION 4	**11:00 -12:15 P.M.**	**7th & 8TH GRADES AND ANYONE ELSE**
SESSION 5	**6:00 – 7:45 P.M.**	**OPEN SESSION –ALL GRADES (ENDS 7/30)**

Workout days are Monday, Tuesday, Thursday and Friday (no Wednesdays).

For more information, call Varsity Strength & Conditioning Head Coach Schlieff at 763-795-6667.

"EVERY BODY LOVES TO WIN BUT FEW HAVE THE DESIRE TO PREPARE TO WIN"

ONLY register online at www.springlakeparkschools.org
Or call 763-786-1338
Students can only register for Strength and Speed through SLP Community Education